

Teach English
Get Paid to Travel the World

Teach English Abroad Seminar
Tonight Tues. August 4th
at 7 pm

United TESOL
International College of Teacher Training
562-8370
www.unitedtesol.com Next Course: Aug. 25-30

The world's largest global newspaper

metro

OTTAWA • TUESDAY, AUGUST 4, 2009

AWARDS
METRO INTERNATIONAL
NEWSPAPER
OF THE YEAR
2009 Festival of Media Awards

metrone

Celebrity Buzz

Spears' big gift for her papa

pg 14



Ottawa man gunned down in Toronto

SHOOTING Homicide detectives have released the name of a man gunned down early Saturday outside a hotel in Toronto's upscale Yorkville area.

Wesley Fabian, 25, of Ottawa, died after he was shot outside a Howard Johnson Hotel around 4:30 a.m. Saturday.

Fabian was found in a laneway that led to a small back parking lot.

He was surrounded by several shell casings.

A second man was found in front of the hotel's main entrance, shot in the abdomen.

Police say at this point, the shootings do not seem random. They also said both victims had been visiting clubs in the Entertainment District prior to the shooting.

Officers are reviewing security video from near the hotel and speaking to witnesses.

They are looking for at least one suspect, who they say fled the area on foot.

TORSTAR NEWS SERVICE

Entertainment pg 13



Jovovich's jungle shoot

Health pg 12

Toning your bikini body

Busker's Festival Throwing his heat around



A busker from the group Flameoz wows audiences during the final day of the 18th annual International Busker's Festival on Sparks Street yesterday. Thousands of people came out to see buskers from around the world. Story, page 3.

Two escape from fiery holiday car crash

TRACEY TONG
tracey.tong@metronews.ca

Two young Ottawa men narrowly escaped a burning vehicle after their car struck a median on Highway 417 near the Vanier Parkway yesterday.

Ottawa paramedics said at 1:54 a.m., they received

a 9-1-1 call regarding a single-vehicle collision at the westbound on-ramp of Highway 417.

Paramedics said a light-coloured four-door Oldsmobile Alero lost control in the curve and struck the left side curb and kept on going straight towards the highway.

The vehicle hit the median and caught fire.

The two occupants were able to get out before the car became fully engulfed, paramedics said.

Paramedics treated the 20-year-old male driver for a large forehead laceration and immobilized him with a spine board. He was taken to hospital.

The front-seat passenger, a 19-year-old male, was uninjured.

Paramedics were unable to determine if the air bags deployed as the fire destroyed all the front dash.

The highway was closed in the westbound direction for about half an hour.

Ontario Provincial Police are now investigating the incident.

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Ontario Supreme Court Justice Douglas Cunningham is expected to hand down his verdict in Mayor Larry O'Brien's influence peddling trial tomorrow morning.

O'Brien is facing two criminal code charges stemming from allegations he offered to help get Terry Kilrea an appointment to the National Parole Board in exchange for Kilrea dropping out of the mayoral race.

A guilty verdict would require O'Brien to vacate the mayor's chair.

Coun. Georges Bédard said in the event O'Brien is forced to step down, the most sensible option would be to choose a councillor to finish the term as mayor.

"Otherwise we're into a byelection that would cost

roughly \$4 million and I don't think we want to go down that route," he said.

Kilrea, whose testimony formed the core of the prosecution's case, said he was planning to stay far from the courthouse tomorrow.

"I don't need to go there. If he's found guilty, why pile on?" he said.

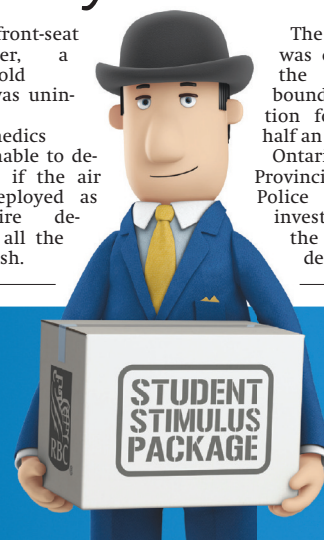
The Ottawa and District Labour Council was the official complainant in the case that launched the OPP investigation into O'Brien's alleged offer in March 2007.

Regardless of the verdict, ODL president Sean McKenny said it's good for the city to have the saga finally coming to an end.

"Even before the investigation started, and after the charges were laid, this has been something weighing very heavily upon our community," he said. "I think it's important we put this to bed."

"This has been something weighing ... upon our community."

Sean McKenny, ODL



Page 2 is where the big news hangs out.



RBC Royal Bank®



PREMIER NATIONAL
PARTNER

EVERY DAY WE'RE GIVING STUDENTS \$1000*

Open a free or unlimited student banking account¹ before October 31. Not only will you get real answers and sound advice, you're also automatically entered to WIN* a \$1000 cash prize.

Visit a branch.
rbc.com/windaily

CREATE
A BETTER STUDENT LIFE



*No purchase necessary. Contest runs from July 15, 2009 to October 31, 2009. Draws begin August 4, 2009. Winners will be announced daily starting August 7, 2009 for 92 days. Open to students who are Canadian residents and who are at least 17 years of age by the start of the Contest Period. There are (92) prizes of \$1,000 CDN available to be won. Total value of all prizes is \$92,000.00 CDN. Odds of winning depend on the number of eligible entries received by each weekly draw date. The correct answer to a skill-testing question is required. For full Contest rules and how to enter without purchase, please visit www.rbc.com/stimulus/rules. ¹No monthly fee. 25 free debit transactions a month and a no annual fee credit card. Unlimited refers to the RBC No Limit Banking for Students® account which provides unlimited monthly debit transactions. For full product details visit www.rbc.com/student. ©™ VANOC, 2008. Used under licence. ©Registered trademark of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Officials investigate fire at eatery

The Ottawa police arson section and Ottawa firefighters are investigating after a fire broke out at the Caffe Nostra at 357 Preston St. yesterday morning. There were no injuries and no damage estimate was available. **METRO OTTAWA**

3

Local



Officer receives suspended sentence

An Ottawa police officer who pleaded guilty for assaulting a peace officer, uttering threats, mischief and escaping lawful custody remains suspended by the force after a judge handed him a suspended sentence and two years probation. Justice Charles Anderson also imposed a firearms prohibition, except in the case of firearms authorized by his employer and ordered Const. Jeffrey Gulick to perform 60 hours of community service or make a contribution to a charity in the amount of \$1,200. **METRO OTTAWA**

Police issue 331 tickets in cyclist, driver crackdown

SAFETY Ottawa police issued 331 tickets to offending drivers and cyclists in the downtown core last week in an enforcement and education initiative targeting unsafe cycling as well as motorists who failed to share the road.

Ottawa Police Sgt. Frank D'Aoust said the enforcement project was conducted after several complaints were received regarding cyclists riding on sidewalks and disobeying signals.

"You have those who don't know, those who don't care; many times it's regular cyclists who would run a red light because they didn't want to lose their momentum," said D'Aoust.

TIM WIECLAWSKI/METRO OTTAWA

Busking 'chooses' buskers
Street entertainment a calling, say festival performersTRACEY TONG
tracey.tong@metronews.ca

They're from all walks of life, different continents and boast different talents. But the buskers at the 18th annual International Busker Festival have one thing in common — many of them said their work is a calling.

"It chooses you," said Ottawa resident Brian Wilson. One-half of the Cowguys act, Wilson, who began performing at age 13, earned

enough money to put himself through the University of Ottawa, but it didn't occur to him to do it as a career until after school.

Busking has given him the opportunity to travel all over Asia and Europe, said Wilson, 32.

"I just kind of fell into it," agreed Melbourne, Australia, native Gracie Billings. Billings, who performed as a part of the four-person acrobatics team Flameoz, trained in Australia and Beijing. While she loves seeing new places, the

busking life isn't always an easy one, she said.

"There's not a lot of routine in your life," she said. The job also has costs for Wilson.

"It cuts into family time," he said.

But the positives, including making people laugh and spending time outside, make up for it, said Wilson's partner, Nick Miller.

Performing "makes me feel good," said Anthony Coleman, a New York City resident who has performed since he was six years old.

"Street performances are the rawest form of entertainment. People didn't buy a ticket, so it's harder for you to keep their attention. They're not committed."

Chad Mills and his family headed down to Sparks Street to check out the festival for the first time.

"It was pretty impressive," said the Ottawa resident.

The five-day festival, which wrapped up on Sparks Street yesterday, is "one of the hot spots for street performers from all over the world," Miller said.



Historical interpreter Allan Meltzer, as Lt. Col. By, greets visitors on Colonel By Day.

Thousands take in Col. By Day festivities

MUSEUM In its second year as a part of the four-day Rideau Canal Festival, Colonel By Day has grown, the director of the Bytown Museum said.

An estimated 6,000 people gathered in the area around the Bytown Museum yesterday to take in free activities, displays and demonstrations to tell the history of the area, said Mike Steinhauer.

The day is something people should celebrate, he said. "Without Col. By, we wouldn't be standing here today," he said.

Among the crowds that came to enjoy the locks and the activities were local citizens.

While Jan Yuill and her daughter, Abby, enjoyed a bike ride, Geoff Matthews brought his wife, Asuka, and their son, Kyo, to the festival, where they took in dance performances. The family normally spends a lot of time around the canal, biking in the summer and skating in the winter.

The zero-footprint Rideau Canal Festival, which wrapped up yesterday, and the UNESCO World Heritage Site designation have brought a lot of attention to the canal, Matthews said.

Dozens of historical craftspeople demonstrated their work, including heritage weaver Lise Loader and Ottawa lacemaker Gertrude Thibeault.

TRACEY TONG/METRO OTTAWA

metronews.ca

What's online today.

Video Rebuilding and reforming a notorious Afghan prison a key part of Canada's reconstruction efforts at metronews.ca/canada

Blogs Sexcetera reviews the grades from the first report card on the dating habits of Canadian males

Lotteries

Friday, Jul. 31

Super 7: 8, 12, 14, 15, 19, 23 & 33 Bonus 41

Saturday, Aug. 1

Lotto 6/49: 13, 14, 24, 31, 40 & 48 Bonus 44

Sunday, Aug. 2

Ontario Pick 3: 730; Ontario Pick 4: 4793

Encore: 7962424

Daily Keno: 04, 07, 09, 12, 17, 19, 21, 23, 28, 32,

35, 39, 40, 48, 49, 57, 59, 60, 62, 65

Monday, Aug. 3

Ontario Pick 3: 770; Ontario Pick 4: 7098

Encore: 7219173

Daily Keno: 1, 5, 6, 7, 10, 12, 14, 15, 16, 23,

24, 25, 34, 37, 39, 51, 58, 61, 62, 63.

These results are not official.



Ken Clavette explains the symbols carved into the Rideau Canal Celtic Cross. A memorial to the canal workers and their families who died during the building of the Rideau Canal between 1826 and 1832 was held as part of Colonel By Day events yesterday.

Memorial for canal workers, families

Amidst the celebration of a balmy summer day and the final day of the second annual Rideau Canal Festival, dozens of people gathered near the Rideau Canal locks to pay tribute to the workers and their families who lost their lives during the construction of the canal.

About 1,000 workers and their families were killed — and many more injured — during the construction of the Rideau Canal between 1826 and 1832.

More than 2,000 craft workers and 5,000 labourers, many of them immigrants, built the canal and its 18 dams, 47 locks and four blockhouses using picks, shovels and wheelbarrows.

Although the memorial is only seven years old, talks had been going on for about 50 years prior about how to honour the people who lost their lives, said Sean McKenny, president of the Ottawa and District Labour Council.

"It's important that we do this every year."

Sean McKenny, Ottawa and District Labour Council

"It's important that we do this every year," he said of the ceremony.

The cross tells the story of the building of the canal in four languages, including Irish, French, Scottish and Algonquin, said McKenny.

The cross — one of four located along the Rideau Canal — is rich in symbolism, said Ken Clavette, executive director of the Workers' Heritage Centre. While the graphic of the pick, shovel and wheelbarrow show the equipment the workers used, symbols also depict the dangers the workers faced, including explosions and malaria.

TRACEY TONG/METRO OTTAWA

\$99

KITCHENER-WATERLOO

\$132

NORTH BAY

\$135

SUDBURY

\$167

SAULT STE MARIE

\$195

KAPUSKASING

\$189

THUNDER BAY

\$284

DRYDEN & FORT FRANCES

\$289

SIOUX LOOKOUT

\$292

KENORA

\$318

RED LAKE

46TH ANNIVERSARY SALE CONTINUES!
Bearskin Airlines
Let the Bear take you there!

Call 1-800-465-2327 or book online at www.bearskinairlines.com

Kitchener/Waterloo fare is one way and does not require a Saturday night stay. Other advertised fares require advance purchase, round trip travel and Saturday night stay and are for departures between August 13 and September 19, 2009. Taxes and surcharges are extra. Call for full details.

EACH WAY FROM OTTAWA AS LOW AS...

Act fast to take advantage of these 46TH Anniversary Sale fares to plan your summer getaway. Every destination is on sale now but our best fares are for Saturday, Tuesday and Wednesday departures. There is no faster way to get there and back! Purchase your ticket by August 16th for travel ending September 19, 2009.

IT'S ABOUT TIME!

aeroplan

Arturo Gatti's will was changed just three weeks before the ex-boxing champ died, his family confirmed Sunday. Reports said Gatti bequeathed everything to his wife, who stands to receive \$1 million through his life insurance policy. **METRO NEWS SERVICES**

Canada



Schreiber in German jail

Karlheinz Schreiber, a key figure in a political party financing scandal involving former prime minister Brian Mulroney and former German chancellor Helmut Kohl, arrived in Germany yesterday and has been jailed after losing a decade-long extradition battle in Canada, CBC News Online reports. The 75-year-old former arms-industry lobbyist landed in Munich around 9:30 a.m. local time, and was taken to a jail in nearby Augsburg, where prosecutors accuse him of bribery and tax evasion. **METRO NEWS SERVICES**

News in brief

WILDFIRES More than 700 wildfires burning across the hot, tinder-dry province of British Columbia have forced thousands of people from their homes, including around 2,000 people in Lillooet, where a fire is threatening the town. The roughly 3,000-hectare Mount McLean fire — which broke out because of a lightning strike — was one kilometre from town by press time yesterday. An evacuation order was also issued for people living in nearby Seton Portage, where a 1,000-hectare blaze is burning.

KRISTEN THOMPSON/
METRO CANADA

LABOUR Nearly 3,400 Ontario students who spend their summers working in provincial parks say the government is ripping them off by \$400 to \$600 each by refusing to give them holiday pay — a move the students maintain is an abuse of labour laws.

TORSTAR NEWS SERVICE

Canadian gets life in Ethiopian jail

COURTS An Ethiopian court jailed a Canadian for life yesterday after he was convicted of membership of a rebel group fighting for independence for an ethnically Somali part of the country.

Bashir Ahmed Makhtal was born in Ethiopia but travelled to Canada as a refugee and became a citizen in 1994. He was found guilty last week on three charges related to membership of the Ogaden National Liberation Front (ONLF).

"The court has decided against the death penalty which is the maximum penalty for the charges," Judge Adem Ibrahim said at the Federal High Court in the capital Addis Ababa. "The court sentences the

Conflict

- Ethiopia denounces the Ogaden National Liberation Front — which wants independence for the Ogaden region — as a terrorist group that it says is supported by longtime rival Eritrea. The ONLF accuses the Ethiopian military of routinely killing civilians and burning villages in Ogaden.

defendant to life in prison."

Bashir, who left Ethiopia aged 11 and does not speak the local Amharic language, did not react as the sentence was read. His lawyer, Gebreamlak Gebregiorgis, told Reuters he would appeal. **REUTERS**



Vancouver Police Const. Cinda Michael and her horse, Spur, at Stanley Park yesterday. Police are asking park users to be vigilant after four fires were deliberately set there on the weekend.

Police suspect arson

Fires in B.C.'s Stanley Park prompt more patrols

DANIEL TAM
for Metro Canada



Vancouver police are beefing up the number of mounted officers patrolling Stanley Park after four suspicious fires were set in the park since Thursday.

Police say the fires are linked and are the works of an arsonist.

Const. Cinda Michael said 13 officers are now patrolling the park on horseback.

"We have seven regular officers who are supple-

mented by six reserve officers," she said.

The fires were set at different locations, including near the Rose Garden and Beaver Lake.

A fire at the Brockton Oval, a sports field popular with cricket players, caused the most damage. It was lit under the bleachers and scorched the bench area and the side of a building.

Park board commissioner Ian Robertson called it "despicable."

"We got flames that were six- to eight-feet high and this whole building is

all wood structure and could have gone up in a matter of minutes," he said.

Witnesses told police they saw a man riding a bike near the fires, but investigators have no suspects yet.

Michael said the recent dry spell is the worst she's seen in her six years patrolling Stanley Park.

"It makes me feel a little bit apprehensive," said Michael.

Michael asked that the public be aware of the smoking and barbecue bans and to be vigilant.



Historical Ottoman Janissary Band of Music



Organized by the
Canadian Turkish Heritage Foundation

7:30pm on Tuesday August 4, 2009

at
Canadian Museum of Civilization
Musée Canadien Des Civilisations

For Reservations email: rspw@cthf.ca or call: (613) 228-1616
General admission tickets will be available at the door.
www.cthf.ca

General Admission: \$25 / Students, seniors groups: \$20



Investment strategies for women

Retirement...Time for a New Conversation.

Join us for a workshop to get financial answers to your questions.

Wednesday, Sept. 30, 2009 11:45 - 1:00 pm 4:30 pm - 5:30 pm
Constitution Square - RSVP as seating is limited
Refreshments will be served



H. Colleen O'Connell-Campbell,
CFP, CIM, CDFA, Wealth Advisor

Phone: 613-788-6307 Fax 613-782-6737
colleen_campbell@scotiacleod.com www.colleenocconnellcampbell.com



TM Trademark used under authorization and control of The Bank of Nova Scotia. ScotiaMcLeod is a division of Scotia Capital Inc., Member CIPF. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated.

The *Upper Room* Home Furnishings

*New name/new collections,
same great store, new lower prices.*



**CHERRY QUEEN
SLEIGH BED
DRESSER/MIRROR/NIGHT
AND CHEST**

Reg: \$4175⁰⁰

NOW \$1999⁹⁹
COMPLETE

**SOLID HARDWOOD
7-PIECE DINING SET**

Reg: \$3040⁰⁰

NOW \$1799⁹⁹



2670 Queensview Drive at Pinecrest Road • 613.721.5873
Monday to Friday 10 to 9 pm • Saturday 10 to 6 pm. • **CLOSED SUNDAYS**
www.upperroomhome.ca

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Politics of engagement

NationalReport

Lawrence Martin

metronews.ca/nationalreport

It was cool and rather instructive to see the way Barack Obama eased his way out of the overblown controversy about the Harvard professor being arrested for breaking into his house.

Let's all sit down, have a beer, talk it over, said the U.S. president.

That kind of engagement, beer diplomacy, can be a good thing, especially in the wake of the arrogant sabre-rattling of his predecessor.

But with Iran the politics of engagement isn't working.

Obama has tried to reason with Ayatollah Ali

Khamenei, Iran's supreme leader, proposing talks on the nuclear issue and on regional security. He didn't get much of a response. Then came the disputed Iranian election, the severe clampdown on protests and now the show trials. All this was combined with the apparent Khamenei policy of full steam ahead on nuclear weapons production.

In a dispatch based on Western intelligence sources, The London Times breathlessly reported yesterday that Iran has already perfected the technology to create and detonate a nuclear warhead. The Western intelligence sources, one hopes, are

better than the likes of Dick Cheney and other charlatans who conned Western media on Saddam Hussein's non-existent weapons of mass destruction.

In any case, Obama's patience with Tehran is being sorely tested. We recall that in the election campaign Hillary Clinton and John McCain warned him about trying to negotiate with regimes like Iran. So far those cautions look justified.

Obama, who is of part Muslim descent, sees things differently than most American politicians. With his wider perspective, he is better capable of putting himself in

someone else's orbit. He can readily understand, for example, how Iran sees a gross double standard on the nuclear question. As in, "Oh yes, you can have nuclear weapons and Israel can have nuclear weapons but we can't!"

Obama will be under increasing pressure to adopt a stiffer line, to start issuing ultimatums. Better though he continue with his politics of engagement for some time. Let the Iranian leadership be seen as recalcitrant, let it be seen as not accepting any outstretched hand. In this way there will be a justifiable case, as well as a broad consensus, for assertive actions such as punitive sanctions. In this way there will be no repeat of the flim-flam that triggered the invasion of Iraq.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



Worth mentioning

More than 40 journalists killed in 2009: Report

At least 46 journalists have died while reporting the news in 21 countries this year, with Somalia and

en hostage in 2008 remained in captivity 11 months later, INSI said.

But the situation in Mexico the most dangerous places for media, according to the International News Safety Institute (INSI).

But the Brussels-based body, which tracks

killings and deaths of journalists and their aides around the world, said the once-high casualty rate in Iraq was dwindling rapidly with the relative decline in violence in the country.

Up to the end of July, six Somali reporters for local and foreign news organizations had been killed, while two journalists tak-

en hostage in 2008 remained in captivity 11 months later, INSI said.

But the situation in Mexico the most dangerous places for media, according to the International News Safety Institute (INSI). But the Brussels-based body, which tracks killings and deaths of journalists and their aides around the world, said the once-high casualty rate in Iraq was dwindling rapidly with the relative decline in violence in the country. Up to the end of July, six Somali reporters for local and foreign news organizations had been killed, while two journalists tak-

46

The toll of at least 46 by July 31 — which includes cameramen and photographers — compared with 109 in 36 countries for the whole of 2008. INSI counts accidental deaths while on reporting assignments in its figures.

and professional bodies around the globe.

Three journalists had each died in Pakistan, Iraq and Philippines, it said. INSI noted a key media body in Sri Lanka reported 34 journalists and media workers have been killed there since the present government came to power in 2004.

REUTERS

Views

Public sector wages growing out of line

InBusiness

Charles Davies

So it turns out Toronto Mayor David Miller is the Neville Chamberlain of municipal politics, an appeaser who will assuredly, and rightly, lose his job in the next civic election.

For now, though, let's consider the symbolism of Miller's deal with the Canadian Union of Public Employees, bankable sick days and all. It stands for the fact that, at all levels of government across Canada, public sector wages and benefits continue to grow way out of line with private sector standards. And the conse-

quences for our economy are very negative.

One is the sheer cost: Public sector wages and salaries — not including rich benefits — grew 56 per cent to \$161 billion annually in the decade to 2007, and they're still growing. So is the disparity with the private sector.

Back in 2000, the Canadian Federation of Independent Business calculated that a typical federal public worker had a 15.1 per cent advantage over a typical private sector worker in salary alone. Counting benefits, the advantage was 23.3 per cent. Today, the advantage gap has increased to 17.3 per cent for wages and 41.7 per cent for wages and benefits. Similar gaps can be found in both the provincial and municipal public service sectors.

Interestingly, employ-

ment in the public sector has actually grown through the recession, compared to the dramatic plunge in private sector jobs. Money spent on public sector wages and salaries that's over and above private sector levels is money that isn't being spent on things we could really use, like improved public services or economic infrastructure. You could make the same argument about questionably useful government services. After all, do we really need health workers in local government working full time on wellness programs?

Money spent padding the public sector may be good for consumption, but there are much more productive ways to create wealth and economic growth. Indeed, a bloated public sector contributes to a stagnant econ-

omy that values bureaucracy more than innovation, hardly what Canada needs coming out of a severe recession and into a much more harshly competitive world.

And in comfy, cosy Canada, where government offers high-paying jobs for life, what's the incentive for people to start businesses, to take real risks without financial safety nets and create growing enterprises? There's also a matter of fairness.

Why should taxpayers labouring in the private sector happily take pay cuts and/or layoffs in order to subsidize above average wages and benefits for garbage collectors or office bound bureaucrats?

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Metro Online Poll Results

62% SAID YES

Would a fall election undermine economic recovery?

Weigh in on today's question at metronews.ca

38% SAID NO

Tell us your views by email to ottawaleaders@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

HOME PHONE LINES

ALL FEATURES FREE!

FREE! Voicemail
FREE! Caller ID
FREE! Call Waiting
FREE! Call Forwarding
FREE! Free Comwave to Comwave calls
WORLDWIDE!
 And Much More!

4 GREAT PLANS TO CHOOSE FROM!

Enhanced	Unlimited Canada	One-Rate	Global
\$14.95 /month UNLIMITED Local Calling  ✓ All Features FREE	\$19.95 /month UNLIMITED Calling to Canada  ✓ All Features FREE	\$29.95 /month UNLIMITED Calling to Canada & U.S.A.  ✓ All Features FREE	\$39.95 /month UNLIMITED Calling to 25 COUNTRIES!  ✓ All Features FREE

LIMITED TIME OFFER

6 MONTHS FREE!

- **SATISFACTION GUARANTEED!**
- **KEEP YOUR EXISTING PHONE NUMBER!**



No Matter Where you call, or What Rate You Pay
 Comwave Will Beat it... **Guaranteed!**

 (Even From Your Cell Phone!) 



Limited Time Offer!
UNLIMITED
 Calling to
 Anywhere in
CANADA
\$5
 /month

CUBA 85¢/min
PAKISTAN 5.9¢/min
PHILIPPINES 11.9¢/min

Australia.....2.9 ¢	Nepal..... 7.9 ¢
Bangladesh.....3.9 ¢	Saudi Arabia... 3.9 ¢
Colombia..... 3.9 ¢	Sri Lanka.....11.9 ¢
Guyana.....27.9 ¢	Trinidad..... 7.9 ¢
India.....5.9 ¢	U.A.E..... 16.9 ¢
Iran..... 3.9 ¢	U.S.A..... 2.9 ¢
Israel..... 2.9 ¢	U.K..... 2.9 ¢
Lebanon 9.9 ¢	

Make Long Distance calls to Anywhere in the World from your Cell Phone at Comwave's **GUARANTEED** Lowest Rates
 ✓ No need to cancel your service provider ✓ \$10 Free Long Distance for every friend you refer ✓ No Contracts

Comwave Guarantees you the Lowest Rates to Call Anywhere in the World, For Life. So Even if you're Paying Less than our Advertised Rates, Call Today and we'll Beat it... **GUARANTEED!**



613-216-6100

www.comwave.ca

Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Home Phone Lines: * VoIP 911 has certain limitations versus traditional 911. The rates are based on a 3 year term. 6 Months Free - You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. The option to keep your existing phone number may not be available in all areas. Long Distance terms and conditions apply, see www.comwave.net for details.



A Continental Airlines plane hit severe turbulence en route from Rio de Janeiro to Houston, Texas, yesterday and was diverted to Miami, where more than two dozen passengers were treated for injuries. A Miami International Airport spokesman said 168 people were aboard, including 11 crew members. **REUTERS**

World



Gorillas spawn new AIDS-like virus

A woman from Cameroon has been found to be infected with an AIDS-like virus that came from gorillas, French researchers reported on Sunday. The woman, who has no symptoms of HIV infection, is well and was likely infected by another person, not an animal, the researchers said. Their findings suggest this newly discovered gorilla virus is circulating among people, they reported in the journal *Nature Medicine*. **REUTERS**

700 killed in religious violence

Samuel Yunana's father, Fayam, was taken from his home, stabbed in the side of the stomach and told to convert to Islam. When he refused, his throat was slit.

Fayam was among more than 700 people killed in the northern Nigerian city of Maiduguri during an uprising last week by a radical Islamic sect which wants sharia law imposed across Africa's most populous nation.

"They insisted he (my father) was to convert to a Muslim. He refused, so on that basis they killed him."

Samuel Yunana, son of Christian killed in Nigeria

Followers of Boko Haram, which means "Western education is sinful," attacked government buildings, police stations, prisons, schools and churches during five days of rioting before soldiers

and police put the uprising down.

As a prison warder and a Christian living near the sect leader's compound, Fayam was a particular target.

"He was taken from his

house by Boko Haram. They stabbed him and he was losing blood," Yunana told Reuters. "They insisted he was to convert to a Muslim. He refused, so on that basis they killed him," he said.

Nigeria is roughly equally divided between Christians and Muslims, and more than 200 ethnic groups generally live peacefully side by side.

Boko Haram treats any-

body who does not subscribe to its ideology — Christian or Muslim — as an infidel and its views are rejected by the vast majority of the country's Muslim population, sub-Saharan Africa's largest.

The sect's leader, Mohammed Yusuf, was shot dead in police detention last Thursday after being captured hiding among sheep and goats.

REUTERS

U.S. ramps up plans for massive bomb

MILITARY The Pentagon is seeking to speed deployment of an ultra-large "bunker-buster" bomb on the most advanced U.S. bomber as soon as July 2010, the Air Force said Sunday.

The non-nuclear, 30,000-pound Massive Ordnance Penetrator, or MOP, which is still being tested, is designed to destroy deeply buried bunkers beyond the reach of existing bombs. **REUTERS**

Get more than Rogers, for less™



Available to residential customers in Ontario where access and time of sight permit. Early termination fees apply. Subject to change without notice. Taxes extra. Other conditions apply. (1) Based on an independent survey conducted in April 2009. (2) Based on comparison of Bell's Digital Basic package (including Digital Service Fee \$3/mo.) plus Premium HD Channels (4 HD Themes) and Bell Broadband.

Ear-cleaning worker stabbed

JAPAN A customer banned from a Tokyo ear-cleaning salon was arrested in Tokyo yesterday on suspicion of stabbing a young woman working at the salon and killing her grandmother, Japanese media reported.

Japan has many salons where workers, often women, clean customers' ears with ear picks, sometimes as the customers lie on the workers' laps.

The 41-year-old male customer had been banned from the salon, the *Yomiuri* newspaper reported.

He told the police that he was having trouble with the 21-year-old salon worker and had prepared knives to kill her, it said.

A spokesman for Tokyo metropolitan police department confirmed the arrest but declined to give details of the attack. **REUTERS**

Ukraine Five-week rave gets underway



Women dance at the annual "Kazantip" festival in the Crimean town of Popovka, Ukraine, yesterday. Kazantip is an annual techno, trance and house music festival that takes places for five to six weeks in the summer and more than 150,000 "paradiZers" visit each year.

News in brief

CLINTON Former U.S. President Bill Clinton is on his way to North Korea to negotiate the release of two American journalists convicted by the

communist state of "grave crimes," South Korea's Yonhap news agency said yesterday. **UIGHUR** China ratcheted up pressure on exiled Uighur

activist Rebiya Kadeer yesterday, saying family members had written letters condemning their mother for orchestrating last month's ethnic riots. **REUTERS**

No photos of women, handsome boys: Taliban

AFGHANISTAN The Taliban have warned Afghans that possessing pictures of "unrelated women and handsome boys" was against Islamic law and owning "shiny new phones" runs contrary to their religious dignity.

The Taliban have been posting "night letters" in the volatile southeastern province of Ghazni, reminding Afghans of their religious obligations and reiterating warnings that they will attempt to disrupt crucial presidential elections on Aug. 20.

In a restatement of the Taliban's austere interpretation of Islam, one letter warned people, especially

the young, against using hi-tech gadgets such as cellphones with photography and video functions.

"People with camera cellphones must not have pictures of unrelated women and handsome boys in their phones, which is against Islamic sharia," reads one letter, obtained by Reuters yesterday. Sharia is Islamic religious law.

"People should think of their Afghan dignity rather than buying shiny phones," it said.

The Taliban also warned voters in Ghazni to stay home from the day before the Aug. 20 election or face serious consequences. **REUTERS**

Google CEO Schmidt to quit Apple board

Google Inc. chief executive Eric Schmidt is resigning from Apple Inc.'s board of directors, the companies said, citing increased competition between the two leading technology companies and increased regulatory scrutiny. **REUTERS**



9

Business

DOLLAR

Closed
US 92.81¢ (Friday)

GAS

US \$3.98
US 33¢

OIL

US \$71.58
US \$2.13

TSX

Closed

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Banks reach out to recession-hit

Distressed customers offered help with mortgage payments, debt load

Canada's biggest banks are offering financial lifelines to distressed consumers during this recession — some doing so on an unprecedented scale.

Tens of thousands of customers are being allowed to skip mortgage payments without penalty, consolidate their debts and switch to lower-interest loans.

Banks say it's about giv-

ing their customers a helping hand during a tough economic time. But it is also an astute business strategy to keep loan losses in check, secure client loyalty and generate priceless word-of-mouth advertising to attract new customers when the good times return.

TD Bank has helped nearly 20,000 clients from February to July under a

program dubbed Project Umbrella. "That number (20,000) might seem large, but I don't think that number is anywhere near the real story," said Tim Hockey, head of Canadian banking and president and CEO of TD Canada Trust.

BMO, too, has launched a special recession support initiative. It started in April as a regional test pro-

gram in hard-hit communities and became a national program in June.

Canadian Imperial Bank of Commerce is also reaching out to autoworkers in communities like Oshawa, Whitby, Ajax and Bowmanville. The Bank of Nova Scotia is reaching out to distressed clients through its branch staff, while offering online tips and tools.

Royal Bank plans to call each of its 10 million customers across Canada this year, said David McKay, head of Canadian banking.

It is also offering specialized advice, such as formulating post-layoff financial plans, to customers in such places as St. Catharines, London, Kitchener, Toronto and Oshawa.

TORSTAR NEWS SERVICE

5 timely tips

1 Talk to your bank as soon as possible about your financial situation.

2 If you fear an impending layoff, put together an emergency fund.

3 If already laid off, file for unemployment benefits as soon as possible.

4 When cutting discretionary expenses, be aware of any contractual obligations.

5 Use proceeds from your severance package to pay down high-interest debt.

than Rogers.



It's time to take another look.

With more channels, more HD, and picture quality rated best by Ontario consumers,¹ Bell gives you more TV for \$25 less than Rogers, each and every month.²

	BELL TV	ROGERS
PRICE PER MONTH	\$40	\$65
TOTAL CHANNELS	325	199
HD CHANNELS	53	41

Call 1 866 755-6436 • bell.ca/moreforless • visit a Bell store

Bell trading up
just got
better

1. Price comparison based on Rogers' Extended Basic Package (including \$2.99 System Access Fee) plus HD Specialty Pack and 5% bundle discount, excluding promotions. Current as of June, 12th 09. Rogers is a trade-mark of Rogers Communications Inc.

In brief

BANKING HSBC Holdings could raise 50 billion yuan (\$7.3 billion US) in a Shanghai listing next year as it vies to be one of the first foreign firms to list in China, according to people familiar with the matter. HSBC reported a better than expected \$5 billion half-year profit yesterday.

BREWING Molson Coors Brewing Co. reported a higher-than-expected quarterly profit yesterday, helped by increased beer prices and savings from its U.S. joint venture with SAB-Miller. Second-quarter net income more than doubled to \$187.3 million US, or \$1.01 a share, from \$79.4 million, or 42 cents a share, a year earlier.

AUTOS Ford Motor Co. said yesterday that U.S. auto sales rose 2.3 per cent in July, its first year-over-year monthly sales increase since November 2007, supported by the U.S. government's Cash for Clunkers program. Ford, whose shares rose as much as 10.75 per cent, said U.S. sales rose to 165,279 vehicles for all of its brands in July, from 161,530 vehicles a year earlier. **REUTERS**

Boycott campaign Clash with hard reality



A Palestinian worker sticks Intajuna (Our Products) stickers on Palestinian goods displayed in a supermarket in the West Bank city of Ramallah yesterday. Intajuna is one of many campaigns asking Palestinians to avoid Israeli products. After 40 years of occupation, the Palestinian economy is tied to Israel's, so attempts to reduce its dependence clash with hard realities.

Motivate staff or lose them, expert warns

CHALLENGE Canada's economy could emerge from the recession this quarter, which means companies are facing a high-stakes challenge to ensure their employees stay motivated on the job, experts say.

Businesses should be taking action now to ensure their best workers remain engaged, says Terry Power, president of staffing firm Randstad Canada.

"When you're in a recession, the trend typically becomes one of 'do more with less,'" Power said. "The people in those situations that tend to step up and do the most for you ... are your best people. And often times, though, that gets kind of taken for granted."

Although businesses are squeezing staff through painful cost controls right now, good quality companies will also take the initiative to provide some sort of longer-term payoff

"The people ... that tend to step up and do the most for you ... are your best people."

Terry Power, president of Randstad Canada

— even if it is not a cash-based reward. Those that don't, risk losing their best people, Power said.

Randstad has released a recession survival guide for managers entitled Engaging Employees for a Strong Recovery. The report argues that employee engagement includes promoting open communication and avoiding "unnecessary surprises."

Managers should also make "recognition" a top priority. That could mean heaping on praise for "small successes" or providing non-monetary incentives. **TORSTAR NEWS SERVICE**

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
0.8%	0.75%	1.05%	1.4%	1.2%	0.75%	0.75%	1.25%	0.75%	0.75%

Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: NINA.DRAGICEVIC@METRONews.CA

Apply online: www.icicibank.ca

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

Don't let your cash get sucked into fine print

Busted! It's the roof, furnace or washing machine and there's no spare dough.

These are expenditures you don't want to put off — picture two working parents schlepping clothes to the laundromat for a couple of toddlers. Not fun.

Fortunately, there are always tempting Buy Now Pay Later offers to help you out.

They work if you set aside enough money to pay them off in full on the due date. One strategy is to settle the balance with a

loyalty points credit card then eliminate that balance with money saved up.

However, check the fine print where payment landmines might be lurking. Some stores, the Brick for example, funnel Buy Now Pay Later purchases through their own cards. The purchase contract is actually a retail credit card application. And you can't

pay the balance with another credit card.

If you don't have the money in hand at the due date you are looking at close to 30 per cent in interest.

Worse, you also might be liable for all the accumulated interest from the day of purchase. Ouch.

For example, if you buy an item for \$1,000 the first

month's interest is \$24.91 at 29.99 per cent. The next month you'll pay interest on \$1,024.91 and so on.

Additionally, many retailers charge administration fees ranging from \$25 to \$50 and you may have to pay sales tax up front.

So ask the questions. What are the fees and taxes up front? Am I applying for a store credit card? If so, what credit limit will be assigned? (This is important if your credit score is marginal).

What's the interest rate? Can I pay the balance with a credit card? If I don't pay in full am I liable for interest from the day of purchase?

If you know you can't save enough to pay the balance before ante up time,

Alison's Money Rule:

• Buy Now Pay Later deals are appealing, especially when you face an emergency expenditure. But landmines can lurk in the fine print.

apply for a lower interest bank credit line. It's still a debt but at least the interest won't sting as much.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

OLG Slots at Rideau Carleton Raceway - Your Mini Holiday!

Hot Nights

August 4 - 25, 2009

Join us every Tuesday from 5pm - 9pm

Weekly Grand Prize Draws at 9pm include:

AUG. 4

Hot CASH

Grand Prize: \$5,000 CASH

AUG. 11

Hot Electronics

Grand Prize: Big Screen TV

AUG. 18

Hot CASH

Grand Prize: \$5,000 CASH

AUG. 25

Hot Sports

Grand Prize: 2 Season Tickets to Ottawa's Pro Hockey Team

Must be present to win.

Plus, many more Hot Prizes to be won!

Visit the Winner's Circle Rewards desk for full details.

Exciting Slots • Casual Dining • Fun Promotions • Lots of Winners!

FREE Hot Nights Draw Ballot!

Redeem this coupon at OLG Slots at Rideau Carleton Raceway's Winner's Circle Rewards desk any Tuesday from 5pm - 8:59pm, August 4 - 25, 2009 to receive one (1) ballot to enter for a chance to win any of the hourly draws at 6pm, 7pm, 8pm and including the Grand Prize Draw at 9pm!



knowyourlimit.ca

OLG Slots at Rideau Carleton Raceway
4837 Albion Road, Ottawa, ON
(613) 822-8668
Open 24 hours a day, seven days a week.
olg.ca



Must be 19 years of age or older. Valid government-issued photo identification may be required. No purchase necessary. Limit one (1) coupon per person, per week from August 4 - 25, 2009. Ballots must be deposited into the designated draw drum by no later than 5:59 p.m., 6:59 p.m., 7:59 p.m. or 8:59 p.m. to be eligible for each hourly draw. Must be present to win. Delivery and pick up of prizes is the responsibility of the prize winner and not OLG. Patrons with self-excluded or trespass status as determined by OLG, will not be eligible to participate in this or any OLG Slots & Casinos promotion. Any self-excluded person detected at a gaming property will be removed and assessed by Winner's Circle Rewards desk for complete rules and regulations. Pour renseignements en français, adressez-vous à un des représentants de Récompenses du Cercle des gagnants.



That new washer and dryer seems so attainable with a Buy Now Pay Later deal — but be careful what you wish for.

Centre Linguistique du Collège de Jonquière



*Fait parler le monde
gets the world talking*

**FRENCH/ENGLISH
Language Training Services**

Preparation for Public Service Commission's Official Languages Tests

A Great Track Record for helping clients achieve their language training goals.

- Personalized private, semi-private and group courses, full-time and part-time
- ACE Teaching Certificate Course
- French Immersion Programs Jonquière
- English Immersion Programs in Ottawa



Contact us: www.languages-jonquiere.ca

Downtown Ottawa Tel: 613.566.7004 or 1.866.566.7004
E-Mail: cl.ottawa@cjonquiere.qc.ca

Carling Ave. Tel: 613.722.6111 E-Mail: cl.carling@cjonquiere.qc.ca

Gatineau Tel: 819.777.9393 E-Mail: cl.gatineau@cjonquiere.qc.ca

Fedor rejects UFC

Unable to come to terms with the UFC, Russian heavyweight and former Pride champion Fedor Emelianenko has signed a multi-fight agreement with rival Strikeforce. UFC president Dana White had been willing to schedule Emelianenko's first fight against Brock Lesnar for the UFC title if a deal had been reached. **METRO NEWS SERVICES**

11

Sports



Montreal to MLS?

In a possible hint of Major League Soccer's next expansion location, league commissioner Don Garber last week told Forbes that MLS has been in discussions about adding a team in Montreal. The Montreal Impact of the United Soccer Leagues would be the obvious candidate to join MLS. For more, check out *It's Called Football* at metronews.ca/blogs. **METRO NEWS SERVICES**

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sports in brief

TENNIS World No. 2 Rafael Nadal will return to action at next week's Montreal Masters event after a two-month layoff with injury, his coach and uncle Toni Nadal said yesterday. The Spaniard has been suffering from tendinitis in both knees and has not played a competitive match since being knocked out in the fourth round of the French Open by Robin Soderling on May 31.

SOCCER Russian soccer fans have been told to drink whisky on their trip to Wales for next month's World Cup qualifier to ward off the H1N1 swine flu virus, Alexander Shpyrigin, the head of the country's supporter association said yesterday. Russia's Health Ministry has issued a public warning against travelling to Britain because of the spread of the H1N1 virus but Shpyrigin said he expected at least several hundred fans would go to Wales for the September 9 qualifier in Cardiff.

FOOTBALL Former New York Giants wide receiver Plaxico Burress was indicted yesterday on two felony counts accusing him of criminal possession of a weapon and one misdemeanor count of reckless endangerment, prosecutors said. Burress, 31, who caught the winning touchdown in the Giants' Super Bowl victory in February 2008, was released by the team after a November 2008 incident in which he accidentally shot himself in the leg at a New York nightclub. **REUTERS**

Bid's fate up in air

Judge to decide who can take part in Coyotes auction

It should be known by tomorrow whether Hamilton still has any chance to become the home of the Phoenix Coyotes this season or beyond.

An auction for the bankrupt team, which was to have taken place tomorrow between the two bidders wishing to keep the team in Phoenix, has been delayed until Sept. 10.

The NHL requested the postponement but can't yet claim victory because no one is certain what form that September auction will

"I'm going to think about this a little bit."

Judge Redfield Baum

take. Bankruptcy judge Redfield Baum did not rule yesterday on whether Canadian billionaire Jim Balsillie, who wants to move the team to Hamilton, will be allowed to participate in that auction as a third bidder or whether there will be a separate, subsequent relocation auction.

That decision will likely be handed down tomorrow, the judge said.

"I'm going to think about this a little bit," said Baum. "It's a pretty significant issue."

The NHL's board of governors has already unanimously rejected Balsillie as a potential owner and requested that any form of relocation auction be dropped.

Bill Daly, the NHL's deputy commissioner, said he had no comment on the day's events.

TORSTAR NEWS SERVICE

Quebec police checking Burrows

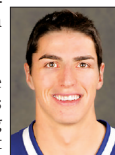
ON-ICE INCIDENT Vancouver Canucks forward Alex Burrows is being investigated by police after an on-ice incident in a Montreal summer hockey league game.

According to a complaint filed on July 21, Burrows allegedly hit a 19-year-old goaltender in the face with his stick during a game at the Excel-ent Ice Are- na in Kirk- land, Que.

With Burrows, 27, facing possible charges, Canucks management say they're waiting to gather all facts before commenting, according to RDS.ca.

The family of goaltender Koray Celik isn't speaking either, on the advice of their lawyers.

Also known as the Pond Hockey League, the summer league helps professional, minor pro and college players stay sharp in the off-season.



Alex Burrows

METRO CANADA

NASCAR Pennsylvania 500



Matt Kenseth races the No. 17 DeWalt Ford during the NASCAR Sprint Cup Series Sunoco Red Cross Pennsylvania 500 at the Pocono Raceway yesterday. Denny Hamlin won the race.

DOUG PENNINGER/GETTY IMAGES

Salon M

SOAK IN OUR MODERN FACILITIES CLEVERLY BLENDED INTO LUXURIANT SURROUNDINGS

WOMEN'S SPECIALS
Colour, Cut, Style & Foil Highlights - \$120
Colour, Cut & Style - \$70
Cut - 20% Off

MEN'S SPECIALS
Colour & Cut - \$30
Highlight & Cut - \$60

(Specials only available on first visit)

1107 WELLINGTON ST. W • 613.724.2358 • SALONMHAIR.COM

JOHN D. QUOC CHINESE MEDICINE, Acupuncture & Massage Clinic

JOHN. D. Quoc DTCM., C.A.C., D.A.C., B.S.C., B.P.H., D.N., D.O.
• Over 30 years clinical experience & research • Disposable Needles •
Dr. of Acupuncture Specialist • Pharmacist • Osteopath • Naturopath • Massage Therapist
Former Professor at Saigon Medicine/Pharmacy University, Vietnam

FREE CONSULTATION

RECOMMENDED FOR:
Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis, Tennis Elbow, Fibromyalgia, Whiplash, Arthritis, Crohn's Disease, Insomnia, Allergic Rhinitis, Migraine, Asthma, Hypertension, Diabetes, Gastritis, Chronic Fatigue, Back Pain, Stroke, Heart Problems, Impotence, Menopausal Syndrome, Depression...etc.

Vanier Medical Centre 292 Montreal Rd., Vanier
613 263 0063 • 613 276-7750

中 Midearth Travel

738 Bronson Ave., Ottawa
www.midearth.ca

NEW YORK CITY FUN
3 days, NYC and Woodbury Outlets
Every Saturday departure from **\$179**

USA 4 DAYS BUS TOUR
New York City - Washington DC - Atlantic City
Every Saturday departure from **\$209**

TORONTO - NIAGARA FALLS
2 days trip, 1000 Islands cruise, Toronto and Niagara Falls
Weekly departure from **\$109**

QUEBEC CITY & WHALE WATCHING
QUEBEC CITY & MONTREAL
Two days bus tour from **\$119**

(ALL INCLUDING BUS & HOTEL)

For more bus tours, please call 613-236-5226 or www.midearth.ca

DO IT ONLINE. NOT IN LINE.
See online movie showtimes, trailers, reviews and purchase tickets at metronews.ca/movies

WILLIS COLLEGE

110 YEARS OF TRAINING

Careers:
- Accounting
- Business
- Technology

APPLY NOW!

85 O'Connor
613-233-1128
williscollege.com

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Walk/bike to work

Can't squeeze fitness into your day? Just walk to work.

A new U.S. study has found that "active commuting" — walking or riding a bike to work, even if it's only part of the way — boosts health and fitness levels.

Researchers in Chapel Hill, N.C., studied the commuting habits of 2,364 people.

Men who either walked to work or rode their bike to work had lower obesity levels as well as lower triglycerides (fat in the blood), lower blood pressure, and lower blood glucose levels. The effect was not as strong in women.

The average length of activity was 20 minutes



Men who rode their bike to work had lower obesity levels, according to a new study.

for men and 17 minutes for women. "Ultimately it would be wonderful to see more people walking and biking to work, but to make this happen, we need to make walking and biking safe and accessible by reducing environmental barriers to activity," says Dr. Penny Gordon-Larsen (PhD), lead author of the study.

CELIA MILNE/FOR METRO CANADA

Sculpting in the sun

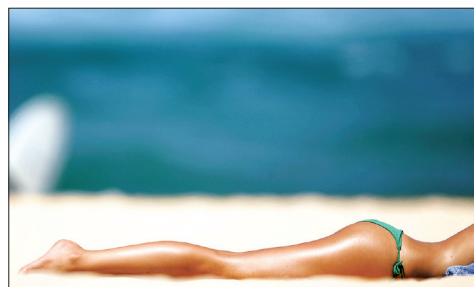
Target beach-revealing body parts with these fitness guru tips

ROMINA MCGUINNESS
Metro World News

Dreading those day you have to bare your body on the beach? Metro speaks to fitness guru Ramona Braganza about how to get the perfect beach body this summer.

Tone your Tum

Abdominal exercises are essential for a toned stomach and wasp waist. Alternate the exercises and make sure you work on several muscles including the rectus abdominis (assists regular breathing and supports the spine) and the oblique. Doing the plank is a great way to develop a cinched-in waist.



In addition to body specific toning exercises, fitness guru Ramona Braganza recommends avoiding bloating foods and drinks like alcohol, soft drinks and carbohydrates.

Intense cardio workouts will help burn excess fat. Eat healthily and avoid food or drink that cause bloating. Drinking water and avoiding alcohol and soft drinks are quick fixes. Carbohydrates should be scrapped from your dinner menu, as should all foods containing high levels of salt or refined sugars such as cheese or pastries.

Armed Power

Push-ups are great if

you're looking to tone your arms. If you cannot hold the position on your toes, use your knees. Attempt two sets of 10 followed up with a shoulder exercise (such as a shoulder press), then biceps (such as bicep curls) and triceps (such as tricep dips).

Squat to Shape

According to Braganza, the best way to get a toned bum is to do squats. Holding on to dumbbells

Beach tips

- Exercise in the morning before the sun is at its strongest. Make time for a jog or a swim before switching into "lazy" mode.
- Make fitness a way of life. Enjoy being active and drink loads of water to flush toxins out and keep metabolism revved up.
- Exfoliate with a loofah then moisturize to help keep skin smooth.

ROMINA MCGUINNESS/
METRO WORLD NEWS

throughout the exercise will make enhance the results but you must remain focused on the muscle you are working on. Squeeze your glute muscle as you stand up from a squat or lunge as this will transfer the workout over from your quads (the front of the legs) to the hamstrings and glutes (the back of the legs).

ADVERTISING FEATURE

YOUR DENTAL HEALTH

OPEN
EVENINGS &
SATURDAYS



NEW
PATIENTS
WELCOME

Located in the Rideau Shopping Centre • 613-230-7475
SMILE RIDEAU STYLE

IS THERE A SWIMMER IN YOUR FAMILY WITH STAINED TEETH?

While the summer we have experienced so far has not encouraged many of us to spend a lot of time in the pool, there may be someone in your family that just finds it impossible to stay out of the water.

Perhaps it is a child for whom non-stop water play is as much fun as it gets. Or perhaps it is a teenager who is a competitive swimmer. It could even be an adult, training for a triathlon.

No matter who it is, you should be aware that such a person could suffer from a condition known as "swimmers teeth". This term refers to a dark, yellowish-brown discolouration which most often appears on the front teeth. It is unsightly in its appearance and has often been compared to the teeth of someone who smokes two packs of cigarettes a day.

Swimmers calculus is simply the result of a chemical reaction to the pool water. As a result of the many chemical additives in most swimming pools, pool water has a



Dr. Dr. David Lui
Dental Surgeon

higher pH than saliva. This higher pH causes the protein in the saliva to breakdown, leaving the dark deposits on the teeth.

As unsightly as this condition is, you should take comfort in the fact that it is an easily treatable condition. A professional cleaning at your dentist office is all that it takes to solve this problem.

Unfortunately, it is a condition that can easily recur if you spend sufficient time in the water. Furthermore, brushing at home with the best tartar control toothpaste will not help to remove the stain. In fact, people with the best brushing

and flossing habits can still develop swimmers calculus.

It is important that people with swimmers calculus visit their dentist to have the stain removed. After all, it is a form of calculus and allowing calculus to build up can eventually lead to tooth decay and/or periodontal disease.

Perhaps one of the most important things to keep in mind is that you should not shy away from the water because of this potential condition. Swimming is great exercise for kids and adults alike and it can be a very important part of an active lifestyle.

Just be aware that long hours in the pool on a regular basis may result in this unsightly discolouration... one that you will want to have your dentist remove. After all, swimmers calculus is, as the name suggests, a form of calculus. And removing unsightly calculus deposits from your teeth is a healthy habit...and healthy habits lead to healthy lives.

Dr. Dr. David Lui
Dental Surgeon

Improve your dating grade guys: Report

The J Spot

Josey Vogels

metronews.ca/thejspot

Given that Canadian guys aged 16 to 24 scored a C-minus on AXE Canada's first annual dating report card, they clearly need some help.

And while the folks behind the cologne — yes, the one that gets guys laid in the elevator if you believe their ads — have offered some helpful advice (i.e. lose the cheesy pick up lines, follow-up with a phone call, and don't automatically assume a kiss means she's interested), I went to the real experts.

Ronald Lee is the guy behind Vancouver's Man Meets Woman (man-meetswoman.com), a dating coaching company for men. He says one of the biggest mistakes men make

is that they approach women without a clear goal in mind and end up having a possibly pleasant, but unfruitful encounter. Says Lee, "A man needs to know why he is talking to a woman. For her phone number? To get a date? To just be friends?"

Darren Glickman is the co-founder of The Guyds (theguyds.com), a Toronto-based dating coaching website for guys. He agrees that cheesy pick-up lines don't work but adds that most guys are too weak or way too strong in their approach. "Women like confidence, but they don't like cockiness," he says.

The best way to avoid one of men's biggest fears when it comes to dating — landing in dreaded "friend zone" with a woman — is to stay out of the friend-zone to begin with, says Lee. Glickman agrees.

"Don't do 'friend' things with her — like shopping, beer pong or hockey games," he says.

"Don't take an interest in the men she's interested in romantically. Don't beat around the bush; tell her you're interested in more and see where it goes. The worst that can happen is she turns you down. That's better than ending up with another pseudo friend."

Finally, one thing the experts and the cologne survey participants agreed on: Personal hygiene matters. Conveniently, 96 per cent of male participants guessed bad odour turns women off and 95 per cent of females participants confirmed it.

• For more dating advice for guys, visit Josey's blog Sexcetera at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Read the AXE
Dating Report
Card in the Sex-
cetera blog at
metronews.ca.

Wahlberg ties the knot

Mark Wahlberg tied the knot with his longtime girlfriend, Rhea Durham, at the Good Shepard Catholic Church in Beverly Hills over the weekend, according to People magazine. **METRO WORLD NEWS**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

DVD picks



Race to Witch Mountain

Director: **Andy Fickman**

WHEN WRESTLER Dwayne (The Rock) Johnson made his big-league film debut eight years ago in *The Mummy Returns*, he was something of an alien presence in the role of the Scorpion King, a human-headed arthropod that spoke only ancient Egyptian.

He's evolved into a full-fledged actor, and in the Disney family thriller *Race to Witch Mountain* he's the human assisting a couple of alien kids in their quest to return home. It's like *E.T.* on steroids. Space kids Sara (AnnaSophia Robb) and Seth (Alexander Ludwig) have to not just "phone home," but also to return something to their planet that is of utmost importance both to their interstellar abode and to Earth.

Johnson plays Jack, a Las Vegas cabbie who gets caught up in the alien quest while trying to outrun his own troubles.

In classic Disney style, the film keeps the action going and the sentiments flowing for a lively and heartwarming experience, albeit one with few surprises.

Peter Howell/for Metro Canada

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Thrilling shoot

A Perfect Getaway filmed in remote jungles

STEVE GOW
for Metro Canada

Although an actor's life on a soundstage is often pampered — fantastic catered food, cushy accommodations — perhaps the most effortless film for a thespian to make are actually those shot in the remote jungles of Puerto Rico.

"There's an element when you are out dealing with nature around you that definitely as an actor I think is a lot easier than say, (if) this whole set was a jungle on a soundstage," said A Perfect Getaway star Milla Jovovich (Resident Evil).

"The whole energy changes, you're not pro-

jecting as much (on a soundstage) and people are like, 'Remember there's wind and remember the rain.'"

The cast of *A Perfect Getaway* — which hits theatres this Friday — didn't have to worry about faking it much.

The thriller about hikers being terrorized on a remote trail in Hawaii may have been filmed in Puerto Rico but the exterior shoot was no less treacherous — the cast had to traverse steep valley spillways and deal with unpredictable storms.

Movie feature

"It makes you focus on what is happening," said co-star Steve Zahn (Sahara). "It's also unfamiliar territory for the actors and for people watching."

"Besides the fact that hey, it's nature," added Jovovich. "We're doing a scene and suddenly there's a typhoon raining down on us and now we got to stop for hours and wait."

Directed by David Twohy (*The Chronicles of*



Milla Jovovich and Steve Zahn star in *A Perfect Getaway*, which opens in theatres Friday.

Riddick), *A Perfect Getaway* is the sort of campy thriller that blends stylistic flair and humour with a unique plot twist — not easy to do given that the story only revolves around three couples — each with a curious past.

"What's kind of cool about it is that it's less

Sober visit

Madonna wants to take her children to Auschwitz so they can "see how lucky they are." The Kabbalah follower is to make the trip to Poland later this month. **FEMALEFIRST.CO.UK**

A Perfect Getaway opens on Friday

critics'corner

Stephen Fry in America

Ever since British funnyman Stephen Fry found out he was almost born in the United States, he's been fascinated with all things American. In this series, he indulges that interest with a 50-state road trip, starting in New England. Among other things, he visits the Vermont home of Ben & Jerry's ice cream. 10 PM on 2 TVO



NCIS
A military family comes under suspicion when a boy finds a murder weapon, prompting Gibbs and the team to track ownership of the gun. Michael Weatherly, David McCallum and Pauley Perrette also star in "Hide and Seek." 8 PM on 13 CBS 3 GTV

The Cleaner
A hospital administrator seeks William's help after receiving an anonymous letter accusing a doctor and some nurses of using drugs. After one nurse passes out during surgery, William brings her in for treatment while Melissa baby-sits her son in the new episode "An Ordinary Man." 10 PM on 31 A&E

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/4/09	265	353	2	TVO	Blue Realm (DVS)	Korea: The Unknown War	Lost in Austen	Stephen Fry in America	Korea: War			
	211	331	3	ETV	ET Canada	Entertainment	NCIS "Hide and Seek"	Big Brother 11 (N)	NCIS "About Face"	News		
	-	-	5	SRC	Des squeuelettes	Tout	Beautés désempées (SC)	Bons baisers de France (SC)	Le Téléjournal et Les Nou	TJ Ontario		
	209	342	6	CHRO	The Road to Avonlea	America's Got Talent	America's Got Talent (HDTV) (Live)	Flashpoint	CBC News: The National	The Hour		
	196	311	7	CTV	Hollywood	Corner Gas	Criminal Minds (HDTV)	Being Eric (DVS)	America's Got Talent (HDTV) (Live)	News		
	208	303	8	CBC	Coronation St.	Jeopardy!	Rick Mercer	22 Minutes	Las Vegas (SC)	TVA 22 heures	Sucre-salé	Taxi 3 (SC)
	-	360	9	NBC	Wheel-For-Tune	Jeopardy!	America's Got Talent	Génération séduction	Piégé Zézé	Le Sport	Call TV	
	117	713	10	TVA	Qui perd gagne (N) (SC)	Fort Boyard (SC)	Lipstick Jungle (SC)	Soleil ** (1997, Drame) Sophia Loren, Philippe Noiret	Medium (HDTV)	TwoHalf Men		
	-	-	11	QS	Catherine (SC)	Crisis Angel	Tout simple	Villages	NCIS "Hide and Seek"	Omni News: Cantonese Edition	Omni News: Cantonese Edition	
	137	763	12	TFO	Panorama été	Météo	NCIS "Hide and Seek"	Big Brother 11 (N)	Omni News: Cantonese Edition	More to Love (N)	Make Me a Supermodel	News
	-	362	13	CBS	Dr. Phil (HDTV)	Raymond	According-Jim	Omni News: Cantonese Edition	More to Love (N)	Make Me a Supermodel	News	
	216	395	14	OMN2	Raymond	According-Jim	Omni News: Cantonese Edition	More to Love (N)	Make Me a Supermodel	News		
	214	344	15	CITY	Law & Order: SVU	TwoHalf Men	The Simpsons	News (N)	Vivere II	News (N)	The Simpsons	King of the Hill
	115	343	16	CFMT	The Insider (N)	El News	Taking It Off	Better Off Ted	Better Off Ted	Ruby	Primitime: Family Secrets (N)	News/Eleven
	218	345	18	EL	The Insider (N)	El News	Taking It Off	Better Off Ted	Better Off Ted	Ruby	Primitime: Family Secrets (N)	News
	-	361	20	ABC	Action News	Entertainment	The Superstars (Season Finale) (N)	L'Heure politique	Dossier public	Life Today	This Is Day	John Hagee
	512	396	24	CPAC	Tête-à-tête	Beyond Poli	Michael Coren Show	Hell's Kitchen (PA) (N)	More to Love (N)	Nova scienceNOW	Criminal Minds (HDTV)	Flashpoint
	651	355	25	CTCS	Little House on the Prairie	Michael Coren Show	Hell's Kitchen (PA) (N)	More to Love (N)	Nova scienceNOW	Criminal Minds (HDTV)	Flashpoint	Norm Keep him at home.
	-	365	36	FOX	TMZ (N)	Seinfeld	Hell's Kitchen (PA) (N)	More to Love (N)	Nova scienceNOW	Criminal Minds (HDTV)	Flashpoint	Norm Keep him at home.
	-	64	PBS	Business Rpt.	Primal Grill	Corner Gas	CSI: Miami	The Hour	Campbell Brown (N)	Larry King Live (N)	Anderson Cooper 360 (HDTV)	Sportsnet Connected
	205	312	104	CTV	Hollywood	Corner Gas	CSI: Miami	The Hour	Campbell Brown (N)	Larry King Live (N)	Anderson Cooper 360 (HDTV)	Sportsnet Connected
	502	390	26	NM	CBC News	Mansbridge	The Hour	Campbell Brown (N)	Larry King Live (N)	Anderson Cooper 360 (HDTV)	Sportsnet Connected	Sportsnet Con.
	500	500	33	CNN	Lou Dobbs Tonight	PartyPoker.net	UFC: Access MMA Conn	Grands reportages (SC)	Le Téléjournal (SC)	Le Téléjournal (SC)	Le Téléjournal	Le Téléjournal
	406	417	27	net	PartyPoker.net	UFC: Access MMA Conn	Grands reportages (SC)	Le Téléjournal (SC)	Le Téléjournal (SC)	Le Téléjournal (SC)	Le Téléjournal	Le Téléjournal
	126	730	28	RDI	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	Le Téléjournal (SC)	Le Téléjournal (SC)	Le Téléjournal (SC)	Le Téléjournal	Le Téléjournal
	400	280	30	TSN	MLB Baseball New York Yankees at Toronto Blue Jays. From Rogers Centre in Toronto.	Poker Equalizer.	Poker	Survivor	Survivor	Survivor	Survivor	Survivor
	410	403	52	SCR	Cabby Unlimit	Score Update	Poker Equalizer.	Poker	Survivor	Survivor	Survivor	Survivor
	411	457	56	OLN	Ghost Hunters	Bounty Hunter	Bounty Hunter	Survivor	Survivor	Survivor	Survivor	Survivor
	417	406	59	SC	Pimp My Ride	Pass Time	22 Minutes	Corner Gas	House-Payne	House-Payne	House-Payne	House-Payne
	554	544	48	TEL	Jimmy Two	Total Drama	Han, Montana	Prank Patrol	Ranked!	The First 48 (HDTV)	UFC's Ultimate 100	Jon & Kate
	557	540	51	FAM	Wizards-Place	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach "Tidal"	Gene Simmons	The Daily Fix
	551	542	65	YTV	Drake & Josh	Prank Patrol	Ranked!	The First 48 (HDTV)	UFC's Ultimate 100	Jon & Kate	Jon & Kate	Jon & Kate
	570	580	29	NM	The Daily Fix	Ranked!	The First 48 (HDTV)	UFC's Ultimate 100	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate
	615	520	31	A&E	The First 48 (HDTV)	UFC's Ultimate 100	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate
	628	584	32	SPKE	CSI: Crime Scene Investgtn.	Restorator Guy	Real Estate	Faut pas réver	Paintkirk Jane	Live at the Rehearsal Hall	Deadly Wives (N)	Home Improve.
	521	560	34	TLC	Restorator Guy	Real Estate	Faut pas réver	Paintkirk Jane	Live at the Rehearsal Hall	Deadly Wives (N)	Home Improve.	Home Improve.
	145	761	35	TVS	Zoom animal	Paintkirk Jane	Live at the Rehearsal Hall	Deadly Wives (N)	Home Improve.	Home Improve.	Home Improve.	Home Improve.
	616	521	39	SHO	The Outer Limits	Paintkirk Jane	Live at the Rehearsal Hall	Deadly Wives (N)	Home Improve.	Home Improve.	Home Improve.	Home Improve.
	620	523	40	BVO	Road to Baley	Daily Planet	Cross Canada Countdown	Skin Deep	Til Debt-Part	22 Minutes	Family Guy	Family Guy
	520	505	42	DIS	Daily Planet	Cross Canada Countdown	Skin Deep	Til Debt-Part	22 Minutes	Family Guy	Family Guy	Family Guy
	575	583	43	CMT	Skin Deep	Til Debt-Part	22 Minutes	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy
	601	562	45	SCL	Air Farce	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy
	625	544	46	COM	Air Farce	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy
	294	529	47	TBS	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy
	600	549	48	H&G	House Hunters	Property Virgin	Star Trek: Voyager	MTV News	Cribs	16 and Pregnant	Daddy's Girls	Daddy's Girls
	627	528	50	SPC	Stargate Atlantis	(DVS)	Star Trek: Voyager	MTV News	Cribs	16 and Pregnant	Daddy's Girls	Daddy's Girls
	581	566	53	MTV	MTV Cribs	After	MTV News	Cribs	16 and Pregnant	Daddy's Girls	Daddy's Girls	Daddy's Girls
	602	567	62	W	Style by J	Friends	Wings-Canada	Tears	TMZ (N)	Hollywood	Look-A-Like	Look-A-Like
	522	506	55	HIS	NCIS "Iceman" (HDTV)	Police de l'air	Bless-Father	On the Buses	Colour Confidential	Chiefs-Champ	Tribal Treks	From the Spirit
	128	773	60	CD	Biographies	Police de l'air	Bless-Father	On the Buses	Colour Confidential	Chiefs-Champ	Tribal Treks	From the Spirit
	261	394	61	V	Murder, She Wrote	Chiefs-Champ	Tribal Treks	From the Spirit	New Canoe	The Reiz	Short Cuts (N)	Moccasin Flats
	621	527	70	APLN	The Ellen DeGeneres Show	Chiefs-Champ	Tribal Treks	From the Spirit	New Canoe	The Reiz	Short Cuts (N)	Moccasin Flats
	603	561	95	FN	Chef at Home	French Food	At the Table	At the Table	At the Table	At the Table	At the Table	At the Table



Friends of Billy Joel say the singer is distraught over the June split from his wife, Katie Lee Joel, and is desperate to win her back. "Billy is obsessed with her," a pal told Page Six. **METRO WORLD NEWS**

Baby come back

Celebrity Buzz

Kristen, Rob still not a couple

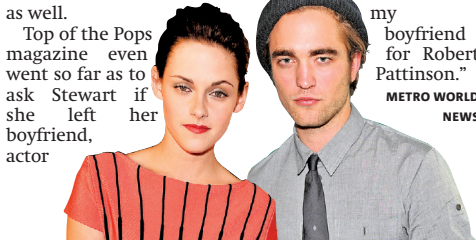
DENY EVERYTHING No matter how many times they deny it, Twilight stars Kristen Stewart and Robert Pattinson always find themselves facing more rumours that their on-screen romance has bloomed in real life as well.

Top of the Pops magazine even went so far as to ask Stewart if she left her boyfriend, actor

Michael Angarano, for Pattinson. "No, Rob and I are good friends," Stewart insisted. "We went through a lot together, so we feel very close, I've acquired a good buddy and that's a big deal, but I haven't left my

boyfriend for Robert Pattinson."

METRO WORLD NEWS



Mystery mama identified

BABY DRAMA It didn't take long for Jude Law's mystery pregnant ex-girlfriend to be identified as model Samantha Burke. And after much speculation about their relationship, Burke is speaking out.

"Samantha, her mom, and her family can affirm that Jude has been responsive and supportive throughout the relationship and pregnancy, and know that he will remain so as a father once Baby Sophia is born," a statement from her lawyers reads, according to

Hollyscoop.

The baby is reportedly due in the fall, just as Law hits Broadway in Hamlet and begins promoting his next film, Sherlock Holmes.

The news that Burke is pregnant with his child caught Law off guard, according to friends of the actor. "Just assumed she was on the Pill," a source told the Daily

Mirror. "He was stunned at being informed of the pregnancy. Jude feels like now he has been made to look the bad guy. One of the reasons their brief relationship didn't work out is because Samantha was a little too keen. She claimed she was falling in love after just a couple of weeks." It's believed Law still has not spoken directly to Burke since finding out about the pregnancy.

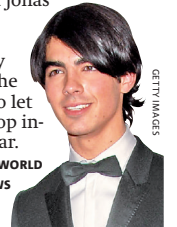
METRO WORLD NEWS



Joe bounces back with Disney star?

REBOUND Joe Jonas may have found someone to help him get over his breakup from Camille Belle. The middle Jonas Brother was spotted out to dinner at L.A. restaurant Katsuya recently with Brenda Song from Disney's The Suite Life of Zack and Cody, according to TMZ. The pair tried to dodge paparazzi by not leaving the restaurant together, but photographers spotted Jonas pulling over halfway down the block to let Song hop in to his car.

METRO WORLD NEWS



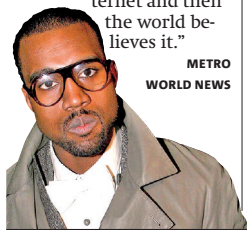
I'm not the new King of Pop: Kanye

INTERNET RUMOURS Kanye West is slapping down reports that he recently dubbed himself the new King of Pop.

"It makes me feel bad that obviously I made people feel that I would be corny enough to say something so whack after the passing of an idol, a legend and more than that a human being with feelings and a family," West posted on his official website.

"It scares me to think what people will believe, without even a source. Any random person can type something on the Internet and then the world believes it."

METRO WORLD NEWS



Britney's big thank-you gift

APPRECIATION Britney Spears was looking for the best way to thank her father, Jamie Spears, for all his help turning her life around, and she found it — she's buying him a restaurant.

"Britney just wanted to give him something useful as a sign of her appreciation," a source said, according to Hollyscoop. "After all

their ups and downs she knows he's always got her best interests at heart."

Before stepping in to oversee Spears' personal and professional lives, Jamie owned a catering company in Louisiana. The new restaurant will reportedly specialize in soul food.

METRO WORLD NEWS



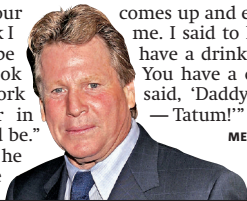
Ryan's fatherhood regrets

FAMILY MATTERS Ryan O'Neal has some harsh words for his kids in the new issue of Vanity Fair. "A couple of them I would take back," the actor and father of four said. "I don't think I was supposed to be a father. Just look around at my work — they're either in jail or they should be."

O'Neal also says he didn't recognize

his daughter Tatum at Farrah Fawcett's funeral. "I had just put the casket in the hearse and was watching it drive away, when a beautiful blond woman comes up and embraces me. I said to her, 'You have a drink on you? You have a car?' She said, 'Daddy, it's me — Tatum!'"

METRO WORLD NEWS



Paris tell-all in the works?

SPILLING THE BEANS It's hard to imagine there's much the public doesn't know about Paris Hilton, but her former manager, Jason Moore, is banking on being able to reveal some new information, at least according to a pitch for a tell-all book he's looking to write.

"Jason will demonstrate how, for 10 years, he managed to save his mercurial client from disgrace by manipulating the media, and Paris herself," the pitch letter boasts, according

to the New York Daily News.

"Paris was oftentimes her own worst enemy, making a sex tape with a former boyfriend, nursing hangovers during photo shoots, falling asleep everywhere and getting thrown in jail for numerous driving violations. If Paris Hilton didn't have Jason Moore pulling the strings (and cleaning up her messes, she could well have faded into oblivion."

METRO WORLD NEWS



Real-life Gossip Girl relationship

BEHIND THE SCENES Gossip Girl actor Sebastian Stan says it's great working on the same TV show as his girlfriend, Leighton Meester. Unfortunately, their characters aren't together, which means they each spend a lot of time at working kissing other

people — Meester most notably with Ed Westwick.

But Stan takes it all in stride, he tells People magazine. "It's work and everyone shares the same mentality when it comes to that. But we all laugh about it. The good part is I get to go home with her."

METRO WORLD NEWS



MI's mother suspects foul play

SUSPICIONS Katherine Jackson spoke out publicly about her son Michael's recent death — and she suspects foul play.

"My son is dead and I don't think he just died of natural causes," Jackson told Geraldo Rivera on his TV show. "He's too young. Something happened." Jackson, who wants custody of Michael's three children, also shot down rumours that her husband Joe Jackson is banned from her Encino, Calif., home.

METRO WORLD NEWS



LASIK MD
VISION

LASIK Now.
Take Until 2014
to Pay!

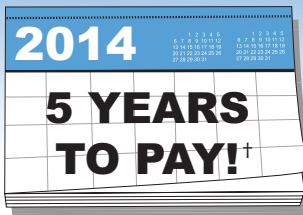
LASER VISION CORRECTION
Starting at

\$490 /eye*



LASIK is Tax-Free

NEW FINANCING



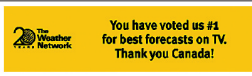
FREE Consultation: 1-877-769-3030 • www.lasikmd.com

OTTAWA: Chambers Building, 42 Elgin Street

* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only. † 60 month financing, starting at 8.9% interest, and subject to Desjardins Card Services credit approval.

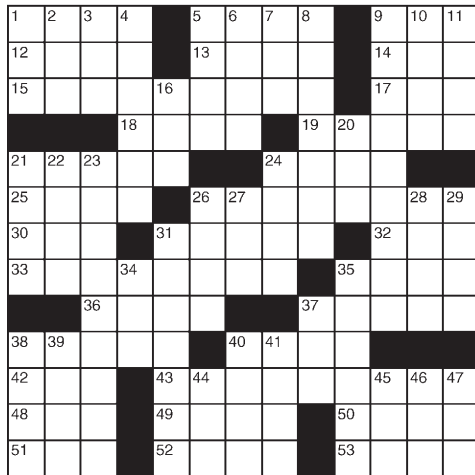


Halifax | Québec | Montréal | Kingston | Toronto | Hamilton | Winnipeg | Calgary | Edmonton | Vancouver



For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

- 1 Group of musicians
- 5 Great Lakes fish
- 9 Dubya's brother
- 12 Chills and fever
- 13 Leak slowly
- 14 Eggs
- 15 Mischievous sprite
- 17 Stein or Stiller
- 18 Go up
- 19 Express appreciation
- 21 Tag
- 24 A Baldwin brother
- 25 Lotion additive
- 26 Fixed firmly
- 30 Young lion
- 31 One over par
- 32 Rage
- 33 Inscribe, as in heraldry
- 35 Soccer score
- 36 "Dear —"
- 37 Feel
- 38 Equine
- 40 Ethereal
- 42 Wapiti

- 43 Sympathy-evoking journalist
- 48 Retainer
- 49 Attention getter
- 50 Simple
- 51 Anderson's "High —"
- 52 Youngsters
- 53 Stratagem

DOWN

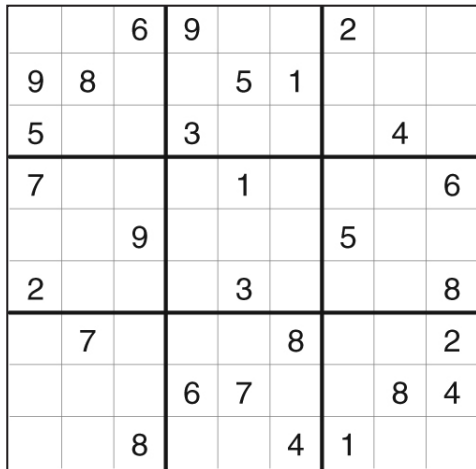
- 1 "Humbly!"
- 2 Past
- 3 Gist
- 4 Temperature unit
- 5 Corn eaters' throwaways
- 6 Golf target
- 7 Submachine gun
- 8 British automobile
- 9 Mini-strike
- 10 Level
- 11 Teller's place
- 16 Lubricate
- 20 Coop occupant
- 21 Chantilly, e.g.
- 22 Astrigent

- 23 Priceless Memories writer
- 24 Congregational call
- 26 Snug and warm
- 27 Swelled head
- 28 History chapters
- 29 Opposite of "stet"
- 31 Watched 52-Across
- 34 Ton fractions (Abbr.)
- 35 Old Faithful, e.g. — Lanka
- 37 — Lanka
- 38 Weight
- 39 Margarine
- 40 Help a hood
- 41 Doctrines
- 44 Discoverer's cry
- 45 Greek consonant
- 46 Ar follower
- 47 Reuben holder

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



4	1	5	9	3	6	2	7	8
6	2	3	8	7	1	4	9	5
8	9	7	2	5	4	1	3	6
9	6	2	4	1	8	7	5	3
5	4	1	3	6	7	9	8	2
7	3	8	5	2	9	6	4	1
3	5	6	7	4	2	8	1	9
1	8	4	6	9	5	3	2	7
2	7	9	1	8	3	5	6	4



Metro Recipe of the Day



Spicy Texas Red Chili

INGREDIENTS:

- Nonstick cooking spray
- 1-1/2 lb (750 g) boneless beef round steak, trimmed and cut into 1/2-in. (1-cm) pieces
- 3 medium yellow onions, chopped
- 1 large clove garlic, minced
- 2 cans (14 oz/398 ml each) tomatoes, undrained and cut up
- 16 oz (475 ml) bottled or canned tomato sauce
- 1 cup (250 ml) beef broth
- 2 tbsp (25 ml) chili powder
- 2 tbsp (25 ml) minced canned red jalapeno peppers
- 2 tsp (10 ml) dried oregano leaves or basil leaves
- 1 tsp (5 ml) sugar
- 1 tsp (5 ml) ground cumin
- 1 tsp (5 ml) Worcestershire sauce
- 1/2 tsp (2 ml) ground cayenne pepper

METHOD:

1. Coat Dutch oven with cooking spray. Heat Dutch oven over moderately high heat. Add meat, onions and garlic; cook 10 minutes or until meat is browned.
2. Stir in tomatoes, tomato sauce, beef broth, chili powder, jalapeno peppers, oregano, sugar, cumin, Worcestershire sauce and cayenne pepper.
3. Bring to boil. Lower heat and simmer, covered, 50 to 60 minutes or until meat is tender. For thicker consistency: Cook, uncovered, until mixture is consistency you like. Serve with hot cooked rice.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20
There's no point getting upset, because your life is progressing as it should. That applies especially to your work, relationships and creative activities.

LIBRA

SEPT 23-OCT 23
Something will inspire or upset you so greatly in the next 24 hours you'll have to do something about it. But first be completely sure what's going on.

TAURUS

APRIL 21-MAY 21
You seem to be fearful for no good reason. Fortunately, what happens today will remind you that fear is a negative emotion and serves no useful purpose.

SCORPIO

OCT 24-NOV 22
Others will no doubt react with surprise at your doings today, but they should have seen it coming — after all, you'd been sending out warning signals.

GEMINI

MAY 22-JUNE 21
You can see that changes taking place in your everyday environment will have long-term results that most likely will work in your favour.

SAGITTARIUS

NOV 23-DEC 21
You may be enjoying a time of fun and plenty but not everyone is, so don't get peeved if someone is needlessly grumpy today. Cheer them up.

CANCER

JUNE 22-JULY 22
Your inability to generate enthusiasm for your work suggests it's time to rethink your priorities. Remind yourself what life is really about.

CAPRICORN

DEC 22-JAN 20
You're comparing yourself negatively to successful people, and that's not fair. Only compare who you are now with who you were yesterday.

LEO

JULY 23-AUG 23
Don't assume that because someone has been keeping things from you they have betrayed you. It's far more likely they've been protecting you.

AQUARIUS

JAN 21-FEB 18
Even if someone is an expert you don't have to believe them. If your inner voice says they're wrong today then have the courage to believe it.

VIRGO

AUG 24-SEPT 22
If you are not in the mood for socializing today don't force yourself. Let others know that if your door is shut it means you don't want to play.

PISCES

FEB 19-MARCH 20
You can curse fate for your miserable fortune but just as easily thank it for the good things it's bestowed on you: You are actually doing rather well.

FLIGHT CENTRE *Unbeatable*

PUNTA CANA 4-STAR

\$505*

Grand Paradise Bavaro Beach Resort + taxes & fees \$330

INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Depart Sep 21/swg/wg.

1 866 720 4853 | flightcentre.ca

Conditions apply. Ex: *Montreal. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. swg/wg=swimming. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671364

OTTAWA'S ONLY DRUM SHOP

390 Gladstone Ave.
Ottawa, ON K2P 0Z1

Mon-Wed 10am-6pm
Thurs & Fri 10am-8pm
Sat 10am-5pm

Dave's DRUM SHOP Inc.

Toll Free 1 866 553 DRUM
613-594-DRUM
that's 613-594-3786

Now on your phone
m.davesdrumshop.com

HAKIM OPTICAL

2 PAIR
Hakim Designer Eyeglasses

\$199
FROM

Including Single Vision and Regular Bifocals. Regular price \$500.

Over 150 Discount Outlets... 110 One Hour In-Store Labs

For nearest location call: 1-877-524-2020 • www.hakimoptical.ca

AIR CANADA VACATIONS

Vivacious Vegas from \$499

Las Vegas via Toronto
MGM Grand
Hotel & Casino • 4 1/2 ★
Hotel rm. - Grand Tower
Oct. 5, 12, 19 & 26 • 3 nts. **\$499**
Taxes & fees: \$187
\$35 resort credit, 2 for 1 spa admission

Las Vegas via Toronto
Wynn Las Vegas • 5 ★
Resort guest rm.
Oct. 5, 12, 19 & 26 • 3 nts. **\$549**
Taxes & fees: \$187
\$75 resort credit

DEALS to the SUN

Punta Cana via Toronto
Occidental Grand
Punta Cana • 4 ★
All-Inclusive • Junior suite
Sept. 5 - 27 • 1 wk. **\$559**
Taxes & fees: \$322
Upgrade to Royal Club luxury rm.
for \$229 per person

Samana via Toronto
Gran Bahia Principe
El Portillo • 4 1/2 ★
All-Inclusive • Standard rm.
Sept. 6 - 27 • 1 wk. **\$649**
Taxes & fees: \$322

Santa Clara
Barceló Cayo
Santa Maria • 4 ★
All-Inclusive • Junior suite **\$1399**
Taxes & fees: \$212
Dec. 20 • 1 wk.
Departure tax: 25 CUC cash, paid locally.

Liberia, Costa Rica via Toronto
Occidental Grand
Papagayo • 4 1/2 ★
All-Inclusive • Deluxe rm.
Aug. 22 & 29 • 1 wk. **\$1099**
Taxes & fees: \$210
FREE upgrade to deluxe oceanview
room at destination (subject to availability)
Departure tax: 26 USD
cash, paid locally.

Cancun/Riviera Maya
Occidental Grand
Xcaret • 4 1/2 ★
All-Inclusive • Deluxe rm. **\$1429**
Taxes & fees: \$258
Dec. 19 • 1 wk.

DEAL to EUROPE

Paris via Toronto/Montreal
Mercure Paris Austerlitz
Bibliothèque • 3 ★
Breakfast
Standard rm. **\$979**
Taxes & fees: \$324
Sept. 1 - 4 • 1 wk.

DEAL on CRUISES

Royal Caribbean International¹
Adventure of the Seas[®]
Southern Caribbean
Flights to San Juan via Toronto
All meals included
Promenade stateroom, cat. PR **\$1329**
Taxes & fees: \$255
Nov. 1 & 29 • 1 wk.

BOOK EARLY AND SAVE

\$400 per couple (\$200 per adult)
on all Sun packages.
Combine this with early booking bonuses
offered by the resorts and **SAVE MORE!**

Book and pay in full by November 2, 2009.²
Valid for travel from Nov. 1, 2009 and completed by April 30, 2010.

- **NEW in 2009/2010: Non-stop flights from Ottawa to Turks & Caicos (Dec. 21/09 - Apr. 5/10)**
- More than 30 Sun destinations
- Earn and redeem thousands of Aeroplan[®] Miles
- Pick up your copy of the new 2009/2010 **Sun Collection brochure** at your local travel agency today

Earn up to 7,600 Aeroplan[®] Miles per member³

Executive Class[®] service from only \$299 extra³

aeroplan

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Prices in this ad are valid for bookings made between Aug. 4 & 8/09, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Ottawa - Macdonald-Cartier International Airport. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures. Ontario registration #5003537. Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Ottawa to Paris via Toronto, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ¹ Royal Caribbean International Ltd. ships' registry: The Bahamas. ² Offers valid for travel from Nov. 1, 2009 and completed by April 30, 2010. New bookings only. Subject to availability. Offer is subject to change without notice and can only be combined with early booking bonuses offered by hotels and resorts. Early booking bonus not applicable when hotel is on sale. Not applicable to group bookings. ³ Available on select flights. Full details available at aircanadavacations.com/executiveclass. ⁴ Aeroplan is a registered trademark of Aeroplan Canada Inc. ⁵ Air Canada Vacations is a registered trademark of Air Canada, used under license by Tourism Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.

